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Calculating the NUTRITIVE VALUE OF DIETS

a manual of instructions for the use of punch cards for machine tabulation

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UNITED STATES DEPARTMENT OF AGRICULTURE

This Manual supersedes the Manual of the same title dated July 1960.

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CONTENTS

Page

Part 1.--Card design, food codes, processing the data..... 2

1. Card design..... 2
2. The six-digit identification code..... 3
3. Steps in preparation of data for processing..... 9
4. Identifying the data..... 9
5. Processing the data..... 10
6. Notes to earlier users of punched data from Home and Garden Bulletin No. 72..... 12

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1..... 17

CALCULATING THE NUTRITIVE VALUE OF DIETS
A manual of instructions for the use of punch cards for machine tabulation

The Consumer and Food Economics Research Division has found it efficient and economical to process by mechanical methods the data on quantities of food consumed, either by individuals or by families (or households), as reported in surveys of food consumption by various population groups. For calculating the nutritive value of the food, a procedure has been developed which utilizes two sets of input data--one with the quantities of food consumed, the other with nutritive values per specified unit of food. The two sets are matched by identifying food codes. The products of quantity times nutritive value are derived and then summed to obtain the nutritive value of the diet.

This Manual describes a set of punch cards carrying the nutritive values per specified food unit as published in U.S. Department of Agriculture Home and Garden Bulletin No. 72, "Nutritive Value of Foods," Revised September 1964. 1/ The values, in common household measures such as cups and tablespoons, are particularly suited for the calculation of diets of individuals.

For calculating the nutritive value of food quantities from institutional or household surveys, other sets of values prepared on magnetic tape or punch cards are available. Such values are for the edible portion of 100 grams of food or for 1 pound as purchased, and are taken directly from tables 1, 2, and 3 of Agriculture Handbook No. 8 (AH 8), "Composition of Foods--raw, processed, prepared," Revised December 1963. 2/

A description of the card design, an explanation of the six-digit food item identification number, and brief instructions for the use of these cards in mechanical processing of the nutritive value of diets are set forth in Part 1 of this manual. Part 2 (pp. 17-45) reproduces the descriptive stub of table 1 of HG 72 Rev., and can be detached and used by those who are coding the data.

1/ The cards described in this Manual supersede those punched from table 1 of HG 72 issued September 1960, and are available for research purposes. A separate order form is enclosed.

2/ Copies of AH 8 can be ordered directly from the Superintendent of Documents, Government Printing Office, Washington, D.C., 20402, at $1.50 per copy. For a description of the data available from AH 8 on punched cards and tape, write to the Consumer and Food Economics Research Division, Agricultural Research Service, USDA, Federal Center Bldg., Hyattsville, Md., 20781.

Part 1.--Card design, food codes, processing the data

1. Card design

One card is punched for each food item and its unit of measure as listed in Part 2 of this Manual. For example, for cream, half-and-half, there is one card for 1 cup and one card for 1 tablespoon (item 010).

Description	Card columns
Food item line number	1-3
Food group code number	4-6
Weight, gm. (1 decimal)	7-10
Water content, pct. (whole No.)	11-12
Food energy, Cal. (whole No.)	13-16
Protein, gm. (whole No.)	17-19
Fat, total lipid, gm. (whole No.)	20-22
Fatty acids (whole Nos.): Total saturated, gm.	23-25
Unsaturated, oleic, gm.	26-28
Unsaturated, linoleic, gm.	29-30
Carbohydrate, gm. (whole No.)	31-33
Calcium, mg. (whole No.)	34-37
Iron, mg. (1 decimal)	38-40
Vitamin A value, International Units, (in tens)	41-44
Thiamine, mg. (2 decimals)	45-47
Riboflavin, mg. (2 decimals)	48-50
Niacin, mg. (1 decimal)	51-53
Ascorbic acid, mg. (whole No.)	54-56
USDA-CFE--alphabetic identification of source	70-76

1

80

Figure 1.--80-Column punch card.

Quantities for all the nutrients for which data are presented in HG 72 Rev. are included, even though the user may not always choose to analyze diets in terms of all these nutrients.

For weight in grams, where the decimal fraction is omitted in HG 72 Rev. (except for items 129, 175, and 445) a zero has been punched to the right of the decimal. For punching the vitamin A value, the zero at the right-hand side (units position) has been omitted, since all values in HG 72 have been rounded to the nearest 10. Zeros have been punched for entries of plain zero, for the word "Trace," and for dashes. 3/

Data in footnotes have not been taken into account in the quantities punched. Should the user of the cards wish to utilize values appearing in the footnotes in preference to data punched from the body of the table, revised cards must be punched.

2. The six-digit identification code

(a) Food item line number, card columns 1-3, identifies the food item and its respective unit of measure as presented in table 1 of HG 72 Rev. These numbers with their identification are reproduced in Part 2 of this Manual. Other measures of listed food items can be added by simply assigning the next numbers following the last one assigned at the end of the list, and punching a new master card with the proper nutritive values. For example, 1 quart of milk could be added as item 513. A new food item (for example, venison) with its unit of measure may be added in the same manner. To avoid duplication, always keep a record of the numbers assigned.

(b) Food group code number, card columns 4-6, which is presented below in tabular form, is designed to group foods by major sources of the nutrients for further study of the composition of diets.

These food groups are in line with those currently being used in this Division's Food Plans. These groups permit the classification of foods as suggested in "Essentials of An Adequate Diet," Home Economics Research Report No. 3, issued November 1957, and "Food for Fitness--A Daily Food Guide," USDA Leaflet No. 424, Rev. April 1964.

3/ In HG 72 Rev., dashes indicate that no data are available. See note below title of table 1.

The first two digits of this group code number, card columns 4 and 5, are similar to those used for nutritionally meaningful groupings of food as classified in Reports 6 to 10 of the 1955 Household Food Consumption Survey. 4/ A few modifications have been introduced; namely, the combining of bacon and salt pork with other pork, of sweetpotatoes with other dark-green and deep-yellow vegetables, and of other green (not dark-green) vegetables with other vegetables. There are missing numbers in the coding system because of these combinations; the code number "8" as the second digit, card column 5, is used in each food group to identify "mixtures."

A third digit, card column 6, has been added to permit a breakdown of the groups into more refined groups with nutritional significance. For example, the meat, poultry, and fish group can thus be further separated into kinds of meat with specific vitamin or mineral contributions. Separate subtotals of nutrients from these subgroups enable the analyst to show principal food sources of nutrients. Additional subgroups may be formed if greater detail is desired than is shown here. For example, sweetpotatoes can be separated from subgroup 332 (deep-yellow vegetables) and assigned the next unused third digit, in this case 3, making a new subgroup coded 333.

It is not necessary to use this second half of the food code if only a simple evaluation of the total nutrients in a series of diets is required. If the food group code is used, however, the addition of a new measure to an item already listed requires only the repetition of the food group code in columns 4-6 with a new item line code number assigned. The addition of a new food item requires that the proper food group code number be assigned as well as a new item line code number.

4/ Household Food Consumption Survey, 1955, USDA: Report No. 6.--Dietary Levels of Households in the United States, Mar. 1957. Report No. 7.--Dietary Levels of Households in the Northeast, May 1957. Report No. 8.--Dietary Levels of Households in the North Central Region, May 1957. Report No. 9.--Dietary Levels of Households in the South, May 1957. Report No. 10.--Dietary Levels of Households in the West, July 1957.

Food Group Codes

1st Digit	2d Digit	3d Digit	Remarks
1 Milk and milk products	11 Milk, milk drinks	111 Fresh fluid	
		112 Processed	Such as evaporated, condensed, dry. Also includes yoghurt.
		113 Milk drinks	Includes cocoa with milk, malted milk drink.
	12 Cream, ice cream, milk desserts	121 Cream	
		122 Frozen desserts	Such as ice cream, milk sherbet, ice milk; also ice cream cake.
		123 Nonfrozen milk desserts and sauces	Such as custard, chocolate pudding, white sauce.
	13 Cheese	130	Includes cheesecake.
2 Meat, poultry, fish, eggs, dry legumes, nuts	21 Meat, poultry, fish (incl. bacon and salt pork)	211 Beef	Includes corned beef.
		212 Pork	
		213 Veal, lamb, mutton, goat	
		214 Liver	
		215 Other variety meats, game, lunch meats	Includes variety meats such as heart, tongue; lunch meats such as frankfurters, bologna, canned spiced meat.
		216 Poultry	
		217 Fish, shellfish	
	23 Eggs	230	
	24 Dry beans, peas, lentils	240	Includes cooked beans with or without pork.

Food Group Codes--Continued

1st Digit	2d Digit	3d Digit	Remarks
2 Meat, poultry, fish, eggs, dry legumes, nuts (Con.)	25 Nuts	251 Peanuts, peanut butter	
		252 Other nuts	
	28 Mixtures and soups, mostly meat or legume	281 Mostly meat	Includes mixtures such as meat pie, corned beef hash, stews; soups such as oyster stew, meat or poultry broth or consomme. Also includes plain gelatin.
		282 Mostly legume	
3 Vegetables; fresh, frozen, canned, dried, juice	31 Potatoes	310	Includes chips, salad.
	33 Dark-green, deep-yellow	331 Dark-green	Includes collards, dandelion greens, curly endive, kale, mustard greens, parsley, spinach, turnip greens, broccoli, peppers.
		332 Deep-yellow	Includes sweetpotatoes, carrots, pumpkin, winter squash.
	35 Tomatoes	350	Includes soup, juice, sauce, paste, catsup, chili sauce, tomato relish.
	36 Other vege-tables	360	Also includes pickles, olives, relishes not tomato.
	38 Mixtures and soups, mostly vege-table	380	Includes mixtures such as chop suey dinner; soups such as clam chowder, pepper pot, creamed vegetable.

Food Group Codes--Continued

1st Digit	2d Digit	3d Digit	Remarks
4 Fruits; fresh, frozen, canned, dried, juice	41 Citrus	410 All forms	Includes lemonade, limeade.
	42 Other fruits	420 Dried	
	43 Other fruits	431 Fresh, frozen, canned, juice	
		432 Fruit desserts	Such as apple betty, gelatin with fruit.
5 Grain products	51 Whole-grain, enriched, or restored	511 Flour, cereals, pastes	
		512 Bread, rolls, biscuits	Includes breadcrumbs.
		513 Other baked goods	Such as cake, cookies, crackers, doughnuts, muffins, pancakes, piecrust, pretzels.
	52 Other than whole-grain, enriched, or restored	521 Flour, cereals, pastes	
		522 Bread, rolls, biscuits	
		523 Other baked goods	Same items as 513.
	58 Mixtures and soups, mostly grain	580	Includes mixtures such as dessert pies, macaroni and cheese, pizza, sandwiches; soups such as noodle, rice.

Food Group Codes--Continued

1st Digit	2d Digit	3d Digit	Remarks
6 Fats and oils	61 Table fats	611 Butter	
		612 Margarine	
	62 Other fats and oils	621 Lard	
		622 Vegetable shortening	
		623 Salad and cooking oil	
		624 Salad dressings	Also includes whipped topping; excludes diet-type dressing.
7 Sugars and sweets	71 Sugars, sirups, molasses, honey jellies, candies	711 Sugars	
		712 Sirups, honey, molasses	
		713 Jellies, jams	Excludes sugarless.
		714 Candies	Excludes sugarless.
	72 Soft drinks, beverage powders, dessert powders, chocolate sirup	721 Soft drinks	Excludes sugarless.
		722 Beverage and dessert powders, chocolate sirup	Excludes sugarless; includes ices, popsicles, prepared gelatin.
8 Miscellaneous	82 Items not part of other groups	820	Such as beer; yeast; plain cocoa and chocolate; sugarless jellies, dessert powders, and candies; diet-type salad dressing; vinegar.

3. Steps in preparation of data for processing

(a) Whatever the means of collecting your food lists or records, the first step in preparing the data for processing is to study the quantity data in terms of the appropriateness of the units of measure or weight used in the descriptive table stub furnished in Part 2. You will probably need to convert the amounts reported to decimal fractions of the units used. Remember that when decimal places are used with one unit, they must be used with all units for all foods. That is to say, if you decide to use 1.33 for 1-1/3 and 1.25 for 1-1/4 cups, then you must use .50 for 1/2, 1.00 for 1, and 3.00 for 3 cups (or any other measure). Extreme care to insure consistency in this regard is essential in order to avoid possible misplacing of decimal points.

As an alternative, you may have many reports of a particular fraction for any one of the units listed, such as 1/3 or 1/4. Therefore, you may wish to establish a new unit master card, giving the fraction a code (the next successive three-digit number after the last item coded at the end of the list, in card columns 1-3, and duplicating the code assigned in columns 4-6) and computing the proper nutritive values. The nutrients in the measures shown can be converted readily to larger or smaller amounts by multiplying or dividing.

(b) On your source material (or worksheets) from which data are to be punched, make legible entries of codes appropriate to the foods and units reported. Here you will use either the first half of the six-digit identification code, appearing to the left of the food item description in Part 2, or the full six-digit number, appearing to the right of the food item description--depending upon desired uses.

4. Identifying the data

Identifying (control) information pertaining to the individual diet list can be recorded once and then reproduced automatically, if necessary, into each food item card for that list. For example, the control data for each food item and its respective measure may include, aside from a schedule (or report) number, the age and sex of an individual, and other exact or coded descriptive information regarding the individual or the food that is needed for analysis. Examples of such coding would be identification of food eaten at morning, noon, or evening meal; items of medical history of an individual; items of economic status of family. Once your food data have been prepared for punching and machine processing, there is economy in planning to make maximum use of these data.

5. Processing the data

When coding for all diets has been completed and the data have been punched in cards or paper tape (you will determine the medium in consultation with your machine unit), the work is ready to be processed by the computer unit. Itemized steps are not presented here, because the procedures will depend upon the type of equipment available. (See fig. 2, p. 11.)

In addition to indicating the multiplication step of food quantities by nutritive values, you will outline for your machine unit the listings and tables desired. As examples, it may be useful to have:

(a) A listing of all data for each food code and a total for all foods by schedule (or diet) number. Subtotals, such as nutritive values by food groups, can be obtained at the same time.

(b) Average quantities of foods and nutrients for individuals classified by age and sex. or by time of day, or any other characteristics included in the control data.

In using the data for totals and averages, it is well to check the card description on page 2 as a reminder of decimal places used and to make sure that the vitamin A values are expressed in tens.

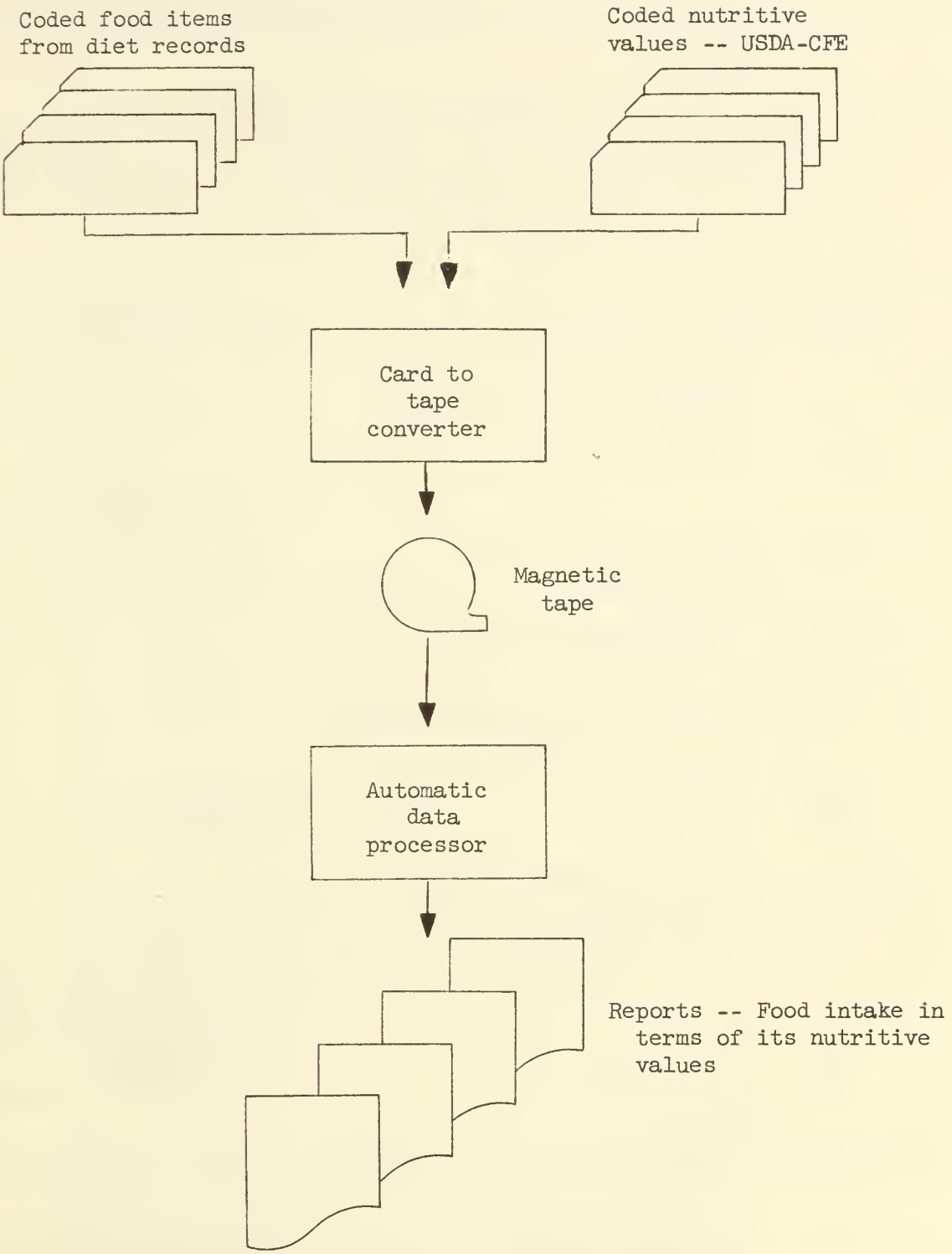

Figure 2.--Automatic processing to convert food item quantities into equivalent nutritive values.

6. Notes to earlier users of punched data from Home and Garden Bulletin No. 72.

The revised HG 72 contains 512 items, as did the earlier publication, but there are changes which are not entirely attributable to revised nutritive value data. These changes are noted since they may affect your plans for updating previous work. To minimize errors in interpreting the units of measure and weight, descriptions have been made as sepecific as possible.

Item line number	As revised	As in earlier publication
	Changes in item described:	
	Milk, cow's:	
001	Fluid, whole (3.5 percent fat)	Fluid, whole (amount of fat not specified).
007	Dry, nonfat, instant	Dry, nonfat (represented noninstant).
	Cream:	
	Whipping, unwhipped:	
013	Light	Medium.
	These lines have been reversed:	
	Hamburger (ground beef), broiled:	
048	Lean	Market ground.
049	Regular	Ground lean.
	Changes in item described:	
	Chicken, cooked:	
063	Flesh only, broiled	Flesh and skin broiled.
	Drumstick, fried:	Leg, fried--thigh and drumstick.
066	With bone	With bone.
067	Flesh and skin only	Flesh and skin only.
	Sausage:	
093	Pork links or patty, cooked	Pork, bulk, canned.
	Fish and shellfish:	
100	Crabmeat, canned	Crabmeat, canned or cooked.

6. Notes to earlier users--Continued

Item line number	As revised	As in earlier publication
	Changes in item described:	
119	Brazil nuts	Brazil nuts, broken pieces.
149	Cabbage, spoon (or pakchoy), cooked	Cabbage, celery or Chinese, cooked.
165	Kale, leaves including stems, cooked	Kale, cooked.
	These lines have been reversed:	
166	Lettuce, raw: Butterhead, as Boston types, head, 4-inch-diameter	Head, looseleaf, 4-inch-diameter.
167	Crisphead, as Iceberg, head 4-3/4-inch-diameter	Head, compact, 4-3/4-inch-diameter, 1-pound.
	Changes in description:	
168	Lettuce, raw: Loose leaf, or bunching varieties, leaves	Leaves.
180	Peppers, hot, red, without seeds; dried (ground chili powder, added seasonings)	Peppers, hot, red, without seeds, dried; ground chili powder.
194	Sauerkraut, cooked, solids and liquid	Drained solids.
208	Tomatoes: Canned	Canned or cooked.
217	Apple juice, bottled or canned	Apple juice, fresh or canned.
219	Applesauce, canned: Unsweetened or artificially sweetened	Unsweetened.

6. Notes to earlier users--Continued

Item line number	As revised	As in earlier publication
	Rearrangement of item numbers:	
220	Applesauce and apricots, canned, strained or junior (baby food)	Apricots, raw, about 12 per pound.
	Apricots:	
221	Raw, about 12 per pound	Canned in heavy sirup, halves and sirup.
	Canned in heavy sirup:	
222	Halves and sirup	Halves, medium, and sirup.
223	Halves (medium) and sirup	Dried, uncooked, 40 halves, small.
	Dried:	
224	Uncooked, 40 halves, small	Dried, cooked, unsweetened, fruit and liquid.
225	Cooked, unsweetened, fruit and liquid	Apricots and applesauce canned--strained or chopped.
	Changes in item described:	
	Cherries:	
235	Raw, sweet, with stems	Raw, sour, sweet, hybrid.
236	Canned, red, sour, pitted, heavy sirup	Canned, red, sour, pitted.
	Oranges, raw:	
271	Florida, all varieties, 3-inch-diameter	Other varieties, 3-inch-diameter.
	Prunes, dried, "softenized," medium:	Prunes, dried, medium, 50-60 per pound:
310	Prunes with tapioca, canned, strained or junior (baby food)	Prunes, dried, canned, strained.
	Breads:	
	Whole-wheat, made with 2 percent nonfat dry milk:	Whole-wheat, graham, entire-wheat bread:
355-57	(Heading change)	

6. Notes to earlier users--Continued

Item line number	As revised	As in earlier publication
	Changes in item described:	
	Cakes:	
367	Pound cake, old-fashioned (equal weights flour, sugar, fat, eggs) slice, 2-3/4 by 3 by 5/8 inch	Pound cake, slice 2-3/4 by 3 by 5/8 inch.
371	Corn, rice and wheat flakes, mixed, added nutrients	Corn-cereal mixture (mainly degermed cornmeal), puffed, with added thiamine, niacin, and iron.
380	Corn, shredded, added nutrients	Corn and soy shreds, with added thiamine and niacin.
387	Farina, regular, enriched, cooked	Farina, cooked, enriched to minimum levels for required nutrients and for the optional nutrients, calcium.
396	Oats (with or without corn), puffed, added nutrients	Oat-cereal mixture, mainly oats, with added B-vitamins and minerals.
	These lines have been reversed:	
	Rice, white (fully milled or polished), enriched, cooked:	
413	Common commercial varieties, all types	Parboiled or converted.
414	Long grain, parboiled	White.
	Changes in item described:	
	Wheat flours:	
437	Cake or pastry flour, sifted	Self-rising, unenriched.
438	Wheat germ, crude, commercially milled	Wheat germ, stirred.
478	Beer (average 3.6% alcohol by weight)	Beer (average 4 percent alcohol).

6. Notes to earlier users--Continued

Item line number	As revised		As in earlier publication
	These items have been reversed:		
	Beverages, carbonated:		
479	Cola type		Ginger ale.
480	Ginger ale		Kola type.
	Changes in unit of measure:		
	Olives, pickled:		
489	Green	4 medium, 3 extra large, or 2 giant	12 extra large or 7 jumbo.
490	Ripe	3 small or 2 large	12 extra large or 7 jumbo.
	Change in item description:		
	Soups, canned, ready-to-serve (prepared with equal volume of water):		
494	Bean with pork		Bean.
495	Beef noodle		Beef.
497	Chicken noodle		Chicken.
499	Cream soup (mushroom)		Cream soup (asparagus, celery, mushroom).
500	Minestrone		Noodle, rice, barley.
503	Vegetable with beef broth		Vegetable.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MILK, CREAM, CHEESE; RELATED PRODUCTS			
	Milk, cow's:			
001	Fluid, whole (3.5 percent fat)..	1 cup	244	001111
002	Fluid, nonfat (skim)	1 cup	246	002111
003	Buttermilk, cultured, from skim milk	1 cup	246	003111
004	Evaporated, unsweetened, undiluted	1 cup	252	004112
005	Condensed, sweetened, undiluted	1 cup	306	005112
006	Dry, whole	1 cup	103	006112
007	Dry, nonfat, instant	1 cup	70	007112
008	Milk, goat's: fluid, whole	1 cup	244	008111
	Cream:			
009	Half-and-half (cream and milk)	1 cup	242	009121
010		1 tbsp.	15	010121
011	Light, coffee or table	1 cup	240	011121
012		1 tbsp.	15	012121
	Whipping, unwhipped (volume about double when whipped):			
013	Light	1 cup	239	013121
014		1 tbsp.	15	014121
015	Heavy	1 cup	238	015121
016		1 tbsp.	15	016121
	Cheese:			
017	Blue or Roquefort type	1 oz.	28	017130
	Cheddar or American:			
018	Ungrated	1-in. cube	17	018130
019	Grated	1 cup	112	019130
020		1 tbsp.	7	020130
021	Cheddar, process	1 oz.	28	021130
022	Cheese foods, Cheddar	1 oz.	28	022130
	Cottage cheese, from skim milk:			
023	Creamed	1 cup	225	023130
024		1 oz.	28	024130
025	Uncreamed	1 cup	225	025130
026		1 oz.	28	026130
027	Cream cheese	1 oz.	28	027130
028		1 tbsp.	15	028130
029	Swiss (domestic)	1 oz.	28	029130

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MILK, CREAM, CHEESE; RELATED PRODUCTS--CONTINUED			
	Milk beverages:			
030	Cocoa	1 cup	242	030113
031	Chocolate-flavored milk drink (made with skim milk)	1 cup	250	031113
032	Malted milk	1 cup	270	032113
	Milk desserts:			
033	Cornstarch pudding, plain (blanc mange)	1 cup	248	033123
034	Custard, baked	1 cup	248	034123
	Ice cream, plain, factory packed:			
035	Slice or cut brick, 1/8 of quart brick	1 slice or cut brick	71	035122
036	Container	3-1/2 fluid oz.	62	036122
037	Container	8 fluid oz.	142	037122
038	Ice milk	1 cup	187	038122
039	Yoghurt, from partially skimmed milk	1 cup	246	039112
	EGGS			
	Eggs, large, 24 ounces per dozen:			
	Raw:			
040	Whole, without shell	1 egg	50	040230
041	White of egg	1 white	33	041230
042	Yolk of egg	1 yolk	17	042230
	Cooked:			
043	Boiled, shell removed	2 eggs	100	043230
044	Scrambled, with milk and fat	1 egg	64	044230

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS			
045	Bacon, broiled or fried, crisp .	2 slices	16	045212
	Beef, trimmed to retail basis 1/, cooked:			
	Cuts braised, simmered or potroasted:			
046	Lean and fat.....	3 oz.	85	046211
047	Lean only	2.5 oz.	72	047211
	Hamburger (ground beef), broiled:			
048	Lean	3 oz.	85	048211
049	Regular	3 oz.	85	049211
	Roast, oven-cooked, no liquid added:			
	Relatively fat, such as rib:			
050	Lean and fat	3 oz.	85	050211
051	Lean only	1.8 oz.	51	051211
	Relatively lean, such as heel of round:			
052	Lean and fat	3 oz.	85	052211
053	Lean only	2.7 oz.	78	053211
	Steak, broiled:			
	Relatively fat, such as sirloin:			
054	Lean and fat	3 oz.	85	054211
055	Lean only	2 oz.	56	055211
	Relatively lean, such as round:			
056	Lean and fat	3 oz.	85	056211
057	Lean only	2.4 oz.	68	057211
	Beef, canned:			
058	Corned beef	3 oz.	85	058211
059	Corned beef hash	3 oz.	85	059281
060	Beef, dried or chipped	2 oz.	57	060211
061	Beef and vegetable stew	1 cup	235	061281
062	Beef potpie, baked: Individual pie, 4-1/4-inch-diameter, weight before baking about 8 ounces	1 pie	227	062281

1/ Outer layer of fat on the cut was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were not removed.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS--CONTINUED			
	Chicken, cooked:			
063	Flesh only, broiled	3 oz.	85	063216
	Breast, fried, 1/2 breast:			
064	With bone	3.3 oz.	94	064216
065	Flesh and skin only	2.7 oz.	76	065216
	Drumstick, fried:			
066	With bone	2.1 oz.	59	066216
067	Flesh and skin only	1.3 oz.	38	067216
068	Chicken, canned, boneless	3 oz.	85	068216
	Chicken potpie. See Poultry potpie.			
	Chili con carne, canned:			
069	With beans	1 cup	250	069282
070	Without beans	1 cup	255	070281
071	Heart, beef, lean, braised	3 oz.	85	071215
	Lamb, trimmed to retail basis 1/, cooked:			
072	Chop, thick, with bone, broiled...	1 chop, 4.8 oz.	137	072213
073	Lean and fat	4.0 oz.	112	073213
074	Lean only	2.6 oz.	74	074213
	Leg, roasted:			
075	Lean and fat	3 oz.	85	075213
076	Lean only	2.5 oz.	71	076213
	Shoulder, roasted:			
077	Lean and fat	3 oz.	85	077213
078	Lean only	2.3 oz.	64	078213
079	Liver, beef, fried	2 oz.	57	079214
	Pork, cured, cooked:			
080	Ham, light cure, lean and fat, roasted	3 oz.	85	080212
	Luncheon meat:			
081	Boiled ham, sliced	2 oz.	57	081212

1/ Outer layer of fat on the cut was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were not removed.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS--CONTINUED			
	Pork, cured, cooked -- continued:			
	Luncheon meat -- continued:			
082	Canned, spiced or unspiced	2 oz.	57	082215
	Pork, fresh, trimmed to retail basis 1/, cooked:			
083	Chop, thick, with bone	1 chop, 3.5 oz.	98	083212
084	Lean and fat	2.3 oz.	66	084212
085	Lean only	1.7 oz.	48	085212
	Roast, oven-cooked, no liquid added:			
086	Lean and fat	3 oz.	85	086212
087	Lean only	2.4 oz.	68	087212
	Cuts, simmered:			
088	Lean and fat	3 oz.	85	088212
089	Lean only	2.2 oz.	63	089212
090	Poultry potpie (based on chicken potpie): Individual pie, 4-1/4-inch-diameter, weight before baking about 8 ounces	1 pie	227	090281
	Sausage:			
091	Bologna, slice, 4.1 by 0.1 inch ...	8 slices	227	091215
092	Frankfurter, cooked	1 frankfurter	51	092215
093	Pork, links or 4-oz. patty, cooked	4 oz.	113	093212
094	Tongue, beef, braised	3 oz.	85	094215
	Turkey potpie. See Poultry potpie.			
	Veal, cooked:			
095	Cutlet, without bone, broiled....	3 oz.	85	095213

1/ Outer layer of fat on the cut was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were not removed.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS--CONTINUED			
	Veal, cooked -- continued:			
096	Roast, medium fat, medium done; lean and fat	3 oz.	85	096213
	Fish and shellfish:			
097	Bluefish, baked or broiled	3 oz.	85	097217
	Clams:			
098	Raw, meat only	3 oz.	85	098217
099	Canned, solids and liquid	3 oz.	85	099217
100	Crabmeat, canned	3 oz.	85	100217
101	Fish sticks, breaded, cooked frozen; stick, 3.8 by 1.0 by 0.5 inch	10 sticks or 8-ounce package	227	101217
102	Haddock, fried	3 oz.	85	102217
	Mackerel:			
103	Broiled, Atlantic	3 oz.	85	103217
104	Canned, Pacific, solids and liquid 1/	3 oz.	85	104217
105	Ocean perch, breaded (egg and breadcrumbs), fried	3 oz.	85	105217
106	Oysters, meat only: Raw, 13-19 medium selects	1 cup	240	106217
107	Oyster stew, 1 part oysters to 3 parts milk by volume, 3-4 oysters	1 cup	230	107281
108	Salmon, pink, canned 2/	3 oz.	85	108217
109	Sardines, Atlantic, canned in oil, drained solids	3 oz.	85	109217
110	Shad, baked	3 oz.	85	110217
111	Shrimp, canned, meat only	3 oz.	85	111217
112	Swordfish, broiled with butter or margarine	3 oz.	85	112217
113	Tuna, canned in oil, drained solids	3 oz.	85	113217

1/ Vitamin values based on drained solids.
2/ Based on total contents of can. If bones are discarded, calcium value will be greatly reduced.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MATURE DRY BEANS AND PEAS, NUTS, PEANUTS; RELATED PRODUCTS			
114	Almonds, shelled	1 cup	142	114252
	Beans, dry:			
	Common varieties, such as Great Northern, navy, and others, canned:			
115	Red	1 cup	256	115240
	White, with tomato sauce:			
116	With pork	1 cup	261	116240
117	Without pork	1 cup	261	117240
118	Lima, cooked	1 cup	192	118240
119	Brazil nuts	1 cup	140	119252
120	Cashew nuts, roasted	1 cup	135	120252
	Coconut:			
121	Fresh, shredded	1 cup	97	121252
122	Dried, shredded, sweetened	1 cup	62	122252
123	Cowpeas or blackeye peas, dry, cooked	1 cup	248	123240
	Peanuts, roasted, salted:			
124	Halves	1 cup	144	124251
125	Chopped	1 tbsp.	9	125251
126	Peanut butter	1 tbsp.	16	126251
127	Peas, split, dry, cooked	1 cup	250	127240
	Pecans:			
128	Halves	1 cup	108	128252
129	Chopped	1 tbsp.	7.5	129252
	Walnuts, shelled:			
130	Black or native, chopped	1 cup	126	130252
	English or Persian:			
131	Halves	1 cup	100	131252
132	Chopped	1 tbsp.	8	132252

Part 2.-- List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	VEGETABLES AND VEGETABLE PRODUCTS			
	Asparagus:			
133	Cooked, cut spears	1 cup	175	133360
	Canned spears, medium:			
134	Green	6 spears	96	134360
135	Bleached	6 spears	96	135360
	Beans:			
136	Lima, immature, cooked	1 cup	160	136360
	Snap, green:			
	Cooked:			
137	In small amount of water, short time	1 cup	125	137360
138	In large amount of water, long time	1 cup	125	138360
	Canned:			
139	Solids and liquid	1 cup	239	139360
140	Strained or chopped (baby food) .	1 oz.	28	140360
	Bean sprouts. See Sprouts.			
141	Beets, cooked, diced	1 cup	165	141360
142	Broccoli spears, cooked	1 cup	150	142331
143	Brussels sprouts, cooked	1 cup	130	143360
	Cabbage:			
	Raw:			
144	Finely shredded.....	1 cup	100	144360
145	Coleslaw	1 cup	120	145380
	Cooked:			
146	In small amount of water, short time	1 cup	170	146360
147	In large amount of water, long time	1 cup	170	147360
148	Cabbage, celery or Chinese: raw, leaves and stalk, 1-inch pieces ...	1 cup	100	148360
149	Cabbage, spoon (or pakchoy), cooked	1 cup	150	149360

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	VEGETABLES AND VEGETABLE PRODUCTS--CONTINUED			
	Carrots:			
	Raw:			
150	Whole, 5-1/2 by 1 inch (25 thin strips)	1 carrot	50	150332
151	Grated	1 cup	110	151332
152	Cooked, diced	1 cup	145	152332
153	Canned, strained or chopped (baby food)	1 oz.	28	153332
154	Cauliflower, cooked, flower buds	1 cup	120	154360
	Celery, raw:			
155	Stalk, large outer, 8 by about 1-1/2 inches, at root end	1 stalk	40	155360
156	Pieces, diced	1 cup	100	156360
157	Collards, cooked	1 cup	190	157331
	Corn, sweet 1/ :			
158	Cooked, ear 5 by 1-3/4 inches 2/	1 ear	140	158360
159	Canned, solids and liquid	1 cup	256	159360
160	Cowpeas, cooked, immature seeds	1 cup	160	160360
	Cucumbers, 10-ounce; 7-1/2 by about 2 inches:			
161	Raw, pared	1 cucumber	207	161360
162	Raw, pared, center slice 1/8 inch thick	6 slices	50	162360
163	Dandelion greens, cooked	1 cup	180	163331
164	Endive, curly (including escarole)	2 oz.	57	164331
165	Kale, leaves including stems, cooked	1 cup	110	165331
	Lettuce, raw:			
166	Butterhead, as Boston types; head, 4-inch diameter	1 head	220	166360
167	Crisphead, as Iceberg; head, 4-3/4-inch diameter	1 head	454	167360
168	Loose leaf, or bunching varieties, leaves	2 large	50	168360

1/ Vitamin A value based on yellow varieties; white varieties contain only a trace of cryptoxanthin and carotenes, the pigments in corn that have biologic activity.

2/ Measure and weight apply to entire vegetable including parts not usually eaten.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	VEGETABLES AND VEGETABLE PRODUCTS--CONTINUED			
169	Mushrooms, canned, solids and liquid	1 cup	244	169360
170	Mustard greens, cooked	1 cup	140	170331
171	Okra, cooked, pod 3 by 5/8 inch	8 pods	85	171360
	Onions:			
	Mature:			
172	Raw, 2-1/2-inch-diameter	1 onion	110	172360
173	Cooked	1 cup	210	173360
174	Young green, small, without tops	6 onions	50	174360
175	Parsley, raw, chopped	1 tbsp.	3.5	175331
176	Parsnips, cooked	1 cup	155	176360
	Peas, green:			
177	Cooked	1 cup	160	177360
178	Canned, solids and liquid	1 cup	249	178360
179	Canned, strained (baby food)	1 oz.	28	179360
180	Peppers, hot, red, without seeds; dried (ground chili powder, added seasonings)	1 tbsp.	15	180331
	Peppers, sweet:			
	Raw, medium, about 6 per pound:			
181	Green pod without stem and seeds	1 pod	62	181331
182	Red pod without stem and seeds	1 pod	60	182331
183	Canned, pimientos, medium	1 pod	38	183331
	Potatoes, medium (about 3 per pound, raw):			
184	Baked, peeled after baking	1 potato	99	184310
	Boiled:			
185	Peeled after boiling	1 potato	136	185310
186	Peeled before boiling	1 potato	122	186310
	French-fried, piece 2 by 1/2 by 1/2 inch:			
187	Cooked in deep fat	10 pieces	57	187310
188	Frozen, heated	10 pieces	57	188310

Part 2.-- List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	VEGETABLES AND VEGETABLE PRODUCTS--CONTINUED			
	Potatoes, medium (about 3 per pound, raw) -- continued:			
	Mashed:			
189	Milk added	1 cup	195	189310
190	Milk and butter added	1 cup	195	190310
191	Potato chips, medium, 2-inch-diameter	10 chips	20	191310
192	Pumpkin, canned	1 cup	228	192332
193	Radishes, raw, small, without tops	4 radishes	40	193360
194	Sauerkraut, canned, solids and liquid	1 cup	235	194360
	Spinach:			
195	Cooked	1 cup	180	195331
196	Canned, drained solids	1 cup	180	196331
197	Canned, strained or chopped (baby food)	1 oz.	28	197331
	Sprouts, raw:			
198	Mung bean	1 cup	90	198360
199	Soybean	1 cup	107	199360
	Squash:			
	Cooked:			
200	Summer, diced	1 cup	210	200360
201	Winter, baked, mashed	1 cup	205	201332
202	Canned, winter, strained and chopped (baby food)	1 oz.	28	202332
	Sweetpotatoes:			
	Cooked, medium, 5 by 2 inches, weight raw about 6 ounces:			
203	Baked, peeled after baking	1 sweetpotato	110	203332
204	Boiled, peeled after boiling	1 sweetpotato	147	204332
205	Candied, 3-1/2 by 2-1/4 inches	1 sweetpotato	175	205332
206	Canned, vacuum or solid pack	1 cup	218	206332

Part 2.-- List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	VEGETABLE AND VEGETABLE PRODUCTS--CONTINUED			
	Tomatoes:			
207	Raw, medium, 2 by 2-1/2 inches, about 3 per pound 1/	1 tomato	150	207350
208	Canned	1 cup	242	208350
209	Tomato juice, canned	1 cup	242	209350
210	Tomato catsup	1 tbsp.	17	210350
211	Turnips, cooked, diced	1 cup	155	211360
	Turnip greens:			
	Cooked:			
212	In small amount of water, short time	1 cup	145	212331
213	In large amount of water, long time	1 cup	145	213331
214	Canned, solids and liquid	1 cup	232	214331
	FRUITS AND FRUIT PRODUCTS			
215	Apples, raw, medium, 2-1/2 inch-diameter, about 3 per pound 2/	1 apple	150	215431
216	Apple brown betty	1 cup	230	216432
217	Apple juice, bottled or canned	1 cup	249	217431
	Applesauce, canned:			
218	Sweetened	1 cup	254	218431
219	Unsweetened or artificially sweetened	1 cup	239	219431
220	Applesauce and apricots, canned, strained or junior (baby food)	1 oz.	28	220431
	Apricots:			
221	Raw, about 12 per pound 2/	3 apricots	114	221431
	Canned, in heavy sirup:			
222	Halves and sirup	1 cup	259	222431
223	Halves (medium) and sirup	4 halves & 2 tbsp. sirup	122	223431
	Dried:			
224	Uncooked, 40 halves, small	1 cup	150	224420
225	Cooked, unsweetened, fruit and liquid	1 cup	285	225420
226	Apricot nectar	1 cup	250	226431

1/ Year-round average for ascorbic acid. Samples marketed from November through May average around 15 mg. per 150-gm. tomato; from June through October, around 39 mg.

2/ Measure and weight apply to entire fruit including parts not usually eaten.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Avocados, raw:			
	California varieties, mainly Fuerte:			
227	10-ounce, about 3-1/3 by 4-1/4 inches, peeled, pitted.....	1/2 avocado	108	227431
228	1/2-inch cubes	1 cup	152	228431
	Florida varieties:			
229	13-ounce, about 4 by 3 inches, peeled, pitted	1/2 avocado	123	229431
230	1/2-inch cubes	1 cup	152	230431
231	Bananas, raw, 6 by 1-1/2 inches, about 3 per pound 1/	1 banana	150	231431
232	Blackberries, raw	1 cup	144	232431
233	Blueberries, raw	1 cup	140	233431
234	Cantaloups, raw, medium, 5-inch-diameter, about 1-2/3 lbs. 1/ 2/..	1/2 melon	385	234431
	Cherries:			
235	Raw, sweet, with stems 1/	1 cup	130	235431
236	Canned, red, sour, pitted, heavy sirup	1 cup	260	236431
237	Cranberry juice coctail, canned 3/	1 cup	250	237431
238	Cranberry sauce, sweetened, canned, strained	1 cup	277	238431
239	Dates, domestic, natural and dry, pitted, cut	1 cup	178	239420
	Figs:			
240	Raw, small, 1-1/2-inch diameter, about 12 per pound	3 figs	114	240431
241	Dried, large, 2 by 1 inch	1 fig	21	241420
242	Fruit cocktail, canned in heavy sirup, solids and liquid	1 cup	256	242431

1/ Measure and weight apply to entire fruit including parts not usually eaten.

2/ Vitamin A value based on varieties with orange-colored flesh; for green-fleshed varieties value is about 540 I.U. per 1/2 melon. NOTE: If this value is substituted in the punch card, punch without the units position; i.e., 54.

3/ About 5 mg. of ascorbic acid per 8 fluid ounces is from cranberries. Ascorbic acid is usually added to approximately 100 mg. per 8 fluid ounces.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Grapefruit:			
	Raw, medium, 4-1/4-inch-diameter, size 64 1/:			
243	White	1/2 grapefruit	285	243410
244	Pink or red	1/2 grapefruit	285	244410
245	Raw sections, white	1 cup	194	245410
	Canned, white:			
246	Sirup pack, solids and liquid	1 cup	249	246410
247	Water pack, solids and liquid	1 cup	240	247410
	Grapefruit juice:			
248	Fresh	1 cup	246	248410
	Canned, white:			
249	Unsweetened	1 cup	247	249410
250	Sweetened	1 cup	250	250410
	Frozen, concentrate, unsweetened:			
251	Undiluted, can, 6 fluid ounces	1 can	207	251410
252	Diluted with 3 parts water, by volume	1 cup	247	252410
	Frozen, concentrate, sweetened:			
253	Undiluted, can, 6 fluid ounces	1 can	211	253410
254	Diluted with 3 parts water, by volume	1 cup	249	254410
	Dehydrated:			
255	Crystals, can, net weight 4 ounces	1 can	114	255410
256	Prepared with water (1 pound yields about 1 gallon)	1 cup	247	256410
	Grapes, raw 1/:			
257	American type (slip skin), such as Catawba, Concord, Delaware, Niagara and Scuppernong	1 cup	153	257431
258	European type (adherent skin), such as Emperor, Malaga, Muscat, Thompson Seedless, and Flame Tokay	1 cup	160	258431

1/ Measure and weight apply to entire fruit including parts not usually eaten.

2/ For white-fleshed varieties, Vitamin A value is about 20 I.U. per cup; for red-fleshed varieties, 1080 I.U. per cup. NOTE: If these values are substituted in the punch cards, punch without the units position; i.e., 2 or 108.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
259	Grape juice, bottled or canned	1 cup	254	259431
260	Lemons: raw, medium, 2-1/5-inch-diameter, size 150 1/	1 lemon	106	260410
	Lemon juice:			
261	Fresh	1 cup	246	261410
262		1 tbsp.	15	262410
263	Canned, unsweetened	1 cup	245	263410
	Lemonade concentrate, frozen, sweetened:			
264	Undiluted, can, 6 fluid ounces ...	1 can	220	264410
265	Diluted with 4-1/3 parts water, by volume	1 cup	248	265410
	Lime juice:			
266	Fresh	1 cup	246	266410
267	Canned	1 cup	246	267410
	Limeade concentrate, frozen, sweetened:			
268	Undiluted, can, 6 fluid ounces ...	1 can	218	268410
269	Diluted with 4-1/3 parts water, by volume	1 cup	248	269410
	Oranges, raw 1/:			
270	California Navel (winter), 2-4/5-inch diameter, size 88	1 orange	180	270410
271	Florida, all varieties, 3-inch diameter	1 orange	210	271410
	Orange juice:			
	Fresh:			
272	California, Valencia (summer) ...	1 cup	249	272410
	Florida varieties:			
273	Early and midseason	1 cup	247	273410
274	Late season, Valencia	1 cup	248	274410
275	Canned, unsweetened	1 cup	249	275410
	Frozen concentrate:			
276	Undiluted, can, 6 fluid ounces ..	1 can	210	276410
277	Diluted with 3 parts water, by volume	1 cup	248	277410

1/ Measure and weight apply to entire fruit including parts not uaually eaten.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Orange juice--continued:			
	Dehydrated:			
278	Crystals, can, net weight 4 ounces	1 can	113	278410
279	Prepared with water (1 pound yields about 1 gallon)	1 cup	248	279410
	Orange and grapefruit juice:			
	Frozen concentrate:			
280	Undiluted, can, 6 fluid ounces ...	1 can	209	280410
281	Diluted with 3 parts water, by volume	1 cup	248	281410
282	Papayas, raw, 1/2-inch-cubes	1 cup	182	282431
	Peaches:			
	Raw 1/:			
283	Whole, medium, 2-inch-diameter, about 4 per pound 2/	1 peach	114	283431
284	Sliced	1 cup	168	284431
	Canned, yellow-fleshed, solids and liquid:			
	Sirup pack, heavy:			
285	Halves or slices	1 cup	257	285431
286	Halves (medium) and sirup	2 halves & 2 tbsp. sirup	117	286431
287	Water pack	1 cup	245	287431
288	Strained or chopped (baby food) ..	1 oz.	28	288431
	Dried:			
289	Uncooked	1 cup	160	289420
290	Cooked, unsweetened, 10-12 halves and 6 tbsp. liquid	1 cup	270	290420
	Frozen 3/:			
291	Carton, 12 ounces, not thawed	1 carton	340	291431
292	Can, 16 ounces, not thawed	1 can	454	292431

1/ Vitamin A value is based on yellow-fleshed varieties; for white-fleshed varieties value is about 50 I.U. per 114-gm. peach and 80 I.U. per cup of sliced peaches. NOTE: If these values are substituted in the punch cards, punch without the units position; i.e., 5 and 8.

2/ Measure and weight apply to entire fruit including parts not usually eaten.

3/ Ascorbic acid value is average weighted in accordance with commercial freezing practices. For products without added ascorbic acid, value is about 37 mg. per 12-ounce carton and 50 mg. per 16-ounce can; for those with added ascorbic acid, 139 mg. per 12-ounce and 186 mg. per 16-ounce.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
293	Peach nectar, canned	1 cup	250	293431
	Pears:			
294	Raw, 3 by 2-1/2-inch diameter 1/ .	1 pear	182	294431
	Canned, solids and liquid:			
	Sirup pack, heavy:			
295	Halves or slices	1 cup	255	295431
296	Halves (medium) and sirup	2 halves & 2 tbsp. sirup	117	296431
297	Water pack	1 cup	243	297431
298	Strained or chopped (baby food) .	1 oz.	28	298431
299	Pear nectar, canned	1 cup	250	299431
300	Persimmons, Japanese or kaki, raw, seedless, 2-1/2-inch-diameter 1/ .	1 persimmon	125	300431
	Pineapple:			
301	Raw, diced	1 cup	140	301431
	Canned, heavy sirup pack, solids and liquid:			
302	Crushed	1 cup	260	302431
303	Sliced, slices and juice	2 small or 1 large & 2 tbsp. juice	122	303431
304	Pineapple juice, canned	1 cup	249	304431
	Plums, all except prunes:			
305	Raw, 2-inch-diameter, about 2 ounces 1/	1 plum	60	305431
	Canned, sirup pack (Italian prunes):			
306	Plums (with pits) and juice 1/...	1 cup	256	306431
307	Plums (without pits) and juice ..	3 plums & 2 tbsp. juice	122	307431

1/ Measure and weight apply to entire fruit including parts not usually eaten.

Part 2.-- List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	FRUITS AND FRUIT PRODUCTS--CONTINUED			
	Prunes, dried, "softenized", medium:			
308	Uncooked 1/	4 prunes	32	308420
309	Cooked, unsweetened, 17-18 prunes and 1/3 cup liquid 1/	1 cup	270	309420
310	Prunes with tapioca, canned, strained or junior (baby food)	1 oz.	28	310432
311	Prune juice, canned	1 cup	256	311420
312	Raisins, dried	1 cup	160	312420
	Raspberries, red:			
313	Raw	1 cup	123	313431
314	Frozen, 10-ounce carton, not thawed	1 carton	284	314431
315	Rhubarb, cooked, sugar added	1 cup	272	315431
	Strawberries:			
316	Raw, capped	1 cup	149	316431
317	Frozen, 10-ounce carton, not thawed	1 carton	284	317431
318	Frozen, 16-ounce can, not thawed	1 can	454	318431
319	Tangerines, raw, medium, 2-1/2-inch diameter, about 4 per pound 1/	1 tangerine	114	319410
	Tangerine juice:			
320	Canned, unsweetened	1 cup	248	320410
	Frozen concentrate:			
321	Undiluted, can 6 fluid ounces	1 can	210	321410
322	Diluted with 3 parts water, by volume	1 cup	248	322410
323	Watermelon, raw, wedge, 4 by 8 inches (1/16 of 10- by 16-inch melon, about 2 pounds with rind) 1/	1 wedge	925	323431

1/ Measure and weight apply to entire fruit including parts not usually eaten.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS			
324	Barley, pearled, light, uncooked ..	1 cup	203	324511
325	Biscuits, baking powder, with enriched flour, 2-1/2-inch-diameter	1 biscuit	38	325512
326	Bran flakes (40 percent bran) with added thiamine	1 oz.	28	326511
	Breads:			
327	Boston brown bread, slice, 3 by 3/4 inch	1 slice	48	327522
	Cracked-wheat bread:			
328	Loaf, 1-pound, 20 slices	1 loaf	454	328512
329	Slice	1 slice	23	329512
	French or vienna bread:			
330	Enriched, 1-pound loaf	1 loaf	454	330512
331	Unenriched, 1-pound loaf	1 loaf	454	331522
	Italian bread:			
332	Enriched, 1-pound loaf	1 loaf	454	332512
333	Unenriched, 1-pound loaf	1 loaf	454	333522
	Raisin bread:			
334	Loaf, 1-pound, 20 slices	1 loaf	454	334522
335	Slice	1 slice	23	335522
	Rye bread:			
	American, light (1/3 rye, 2/3 wheat):			
336	Loaf, 1-pound, 20 slices	1 loaf	454	336522
337	Slice	1 slice	23	337522
338	Pumpernickel, loaf, 1-pound	1 loaf	454	338512

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
	Breads--continued:			
	White bread, enriched:			
	1 to 2 percent nonfat dry milk:			
339	Loaf, 1-pound, 20 slices	1 loaf	454	339512
340	Slice	1 slice	23	340512
	3 to 4 percent nonfat dry milk: 1/			
341	Loaf, 1-pound	1 loaf	454	341512
342	Slice, 20 per loaf	1 slice	23	342512
343	Slice, toasted	1 slice	20	343512
344	Slice, 26 per loaf	1 slice	17	344512
	5 to 6 percent nonfat dry milk:			
345	Loaf, 1-pound, 20 slices	1 loaf	454	345512
346	Slice	1 slice	23	346512
	White bread, unenriched:			
	1 to 2 percent nonfat dry milk:			
347	Loaf, 1-pound, 20 slices	1 loaf	454	347522
348	Slice	1 slice	23	348522
	3 to 4 percent nonfat dry milk: 1/			
349	Loaf, 1-pound	1 loaf	454	349522
350	Slice, 20 per loaf	1 slice	23	350522
351	Slice, toasted	1 slice	20	351522
352	Slice, 26 per loaf	1 slice	17	352522
	5 to 6 percent nonfat dry milk:			
353	Loaf, 1-pound, 20 slices	1 loaf	454	353522
354	Slice	1 slice	23	354522
	Whole-wheat, made with 2 percent nonfat dry milk:			
355	Loaf, 1-pound, 20 slices	1 loaf	454	355512
356	Slice	1 slice	23	356512
357	Slice, toasted	1 slice	19	357512
358	Breadcrumbs, dry, grated	1 cup	88	358522

1/ When the amount of nonfat dry milk in commercial white bread is unknown, values for bread with 3 to 4 percent nonfat dry milk are suggested.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
	Cakes: 1/			
359	Angelfood cake, sector, 2-inch (1/12 of 8-inch-diameter cake) ..	1 sector	40	359523
360	Chocolate cake, chocolate icing, sector, 2-inch (1/16 of 10-inch-diameter layer cake) 2/	1 sector	120	360523
361	Fruitcake, dark (made with enriched flour), piece, 2 by 2 by 1/2 inch 2/.....	1 piece	30	361523
362	Gingerbread (made with enriched flour), piece 2 by 2 by 2 inches	1 piece	55	362523
	Plain cake and cupcakes, without icing: 2/			
363	Piece, 3 by 2 by 1-1/2 inches ...	1 piece	55	363523
364	Cupcake, 2-3/4-inch-diameter	1 cupcake	40	364523
	Plain cake and cupcakes, with chocolate icing: 2/			
365	Sector, 2-inch (1/16 of 10-inch-layer cake)	1 sector	100	365523
366	Cupcake, 2-3/4-inch-diameter	1 cupcake	50	366523
367	Poundcake, old-fashioned (equal weights flour, sugar, fat, eggs), slice, 2-3/4 by 3 by 5/8 inch ...	1 slice	30	367523
368	Sponge cake, sector, 2-inch (1/12 of 8-inch-diameter cake)	1 sector	40	368523
	Cookies:			
369	Plain and assorted, 3-inch-diameter	1 cookie	25	369523
370	Fig bars, small	1 fig bar	16	370523

1/ Unenriched cake flour and vegetable cooking fat are used unless otherwise specified.

2/ If the fat used in the recipe is butter or fortified margarine, the Vitamin A value for chocolate cake with chocolate icing will be 490 I.U. per 2-inch sector, item 360; 100 I.U. for fruit cake, item 361; for plain cake without icing, 300 I.U. per piece, item 363; 220 I.U. per cupcake, item 364; for plain cake with icing, 440 I.U. per 2-inch sector, item 365; 220 I.U. per cupcake, item 366; and 300 I.U. for pound cake, item 367. NOTE: If these values are substituted in the punch cards, punch without the units position.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
371	Corn, rice and wheat flakes, mixed, added nutrients	1 ounce	28	371511
	Corn flakes, added nutrients:			
372	Plain	1 ounce	28	372511
373	Sugar-covered	1 ounce	28	373511
	Corn grits, degermed, cooked: 1/			
374	Enriched 2/	1 cup	242	374511
375	Unenriched	1 cup	242	375521
	Cornmeal, white or yellow, dry: 1/			
376	Whole ground, unbolted	1 cup	118	376511
377	Degermed, enriched 2/	1 cup	145	377511
378	Corn muffins, made with enriched degermed cornmeal and enriched flour, muffin, 2-3/4-inch-diameter 3/	1 muffin	48	378513
379	Corn, puffed, presweetened, added nutrients	1 ounce	28	379511
380	Corn, shredded, added nutrients	1 ounce	28	380511
	Crackers:			
381	Graham, plain	4 small or 2 medium	14	381513
382	Saltines, 2 inches square	2 crackers	8	382523
	Soda:			
383	Cracker, 2-1/2 inches square	2 crackers	11	383523
384	Oyster crackers	10 crackers	10	384523
385	Cracker meal	1 tbsp.	10	385523

1/ Vitamin A value based on yellow product; white product contains only a trace.

2/ Iron, thiamine, riboflavin, and niacin are based on the minimum levels of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

3/ Based on recipe using white cornmeal; if yellow cornmeal is used, the vitamin A value is 140 I.U. per muffin. NOTE: If this value is substituted in the punch cards, punch without the units position; i.e., 14.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
386	Doughnuts, cake type 1/	1 doughnut	32	386523
387	Farina, regular, enriched, cooked 2/	1 cup	238	387511
	Macaroni, cooked:			
	Enriched: 2/			
388	Cooked, firm stage (8-10 minutes; undergoes additional cooking in a food mixture	1 cup	130	388511
389	Cooked until tender	1 cup	140	389511
	Unenriched:			
390	Cooked, firm stage (8-10 minutes; undergoes additional cooking in a food mixture	1 cup	130	390521
391	Cooked until tender	1 cup	140	391521
392	Macaroni (enriched) and cheese, baked	1 cup	220	392580
393	Muffins, with enriched white flour, 2-3/4-inch-diameter	1 muffin	48	393513
	Noodles (egg noodles), cooked:			
394	Enriched 2/	1 cup	160	394511
395	Unenriched	1 cup	160	395521
396	Oats (with or without corn), puffed, added nutrients	1 ounce	28	396511
397	Oatmeal or rolled oats, regular or quick-cooking, cooked	1 cup	236	397511
	Pancakes (griddlecakes), 4-inch-diameter:			
398	Wheat, enriched flour (home recipe)	1 cake	27	398513
399	Buckwheat (buckwheat pancake mix, made with egg and milk)	1 cake	27	399513
	Piecrust, plain, baked:			
	Enriched flour:			
400	Lower crust, 9-inch shell	1 crust	135	400513
401	Double crust, 9-inch pie	1 double	270	401513

1/ Based on product made with enriched flour. With unenriched flour, approximate values for doughnut are: Iron, 0.2 mg.; thiamine, 0.01 mg.; riboflavin, 0.03 mg.; niacin 0.2 mg.

2/ Iron, thiamine, riboflavin, and niacin are based on the minimum levels of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
	Piecrust, plain, baked--continued:			
	Unenriched flour:			
402	Lower crust, 9-inch shell	1 crust	135	402523
403	Double crust, 9-inch pie	1 double crust	270	403523
	Pies (piecrust made with unenriched flour), sector, 4-inch, 1/7 of 9-inch-diameter pie:			
404	Apple	1 sector	135	404580
405	Cherry	1 sector	135	405580
406	Custard	1 sector	130	406580
407	Lemon meringue	1 sector	120	407580
408	Mince	1 sector	135	408580
409	Pumpkin	1 sector	130	409580
410	Pizza (cheese), 5-1/2-inch-sector, 1/8 of 14-inch-diameter pie	1 sector	75	410580
411	Popcorn, popped, with added oil and salt	1 cup	14	411521
412	Pretzels, small stick	5 sticks	5	412523
	Rice, white (fully milled or polished), enriched, cooked: 1/			
413	Common commercial varieties, all types	1 cup	168	413511
414	Long grain, parboiled	1 cup	176	414511
415	Rice, puffed, added nutrients, (without salt)	1 cup	14	415511
416	Rice flakes, added nutrients	1 cup	30	416511
	Rolls:			
	Plain, pan, 12 per 16 ounces:			
417	Enriched	1 roll	38	417512
418	Unenriched	1 roll	38	418522
419	Hard, round, 12 per 22 ounces	1 roll	52	419522
420	Sweet, pan, 12 per 18 ounces	1 roll	43	420523
421	Rye wafers, whole grain, 1-7/8 by 3-1/2 inches	2 wafers	13	421513

1/ Iron, thiamine, and niacin are based on the minimum levels of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act. Riboflavin is based on unenriched rice. When the minimum level of enrichment for riboflavin specified in the standards of identity become effective, the value will be 0.12 mg. per cup of parboiled rice and of white rice.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	GRAIN PRODUCTS--CONTINUED			
	Spaghetti, cooked, tender stage (14-20 minutes):			
422	Enriched 1/	1 cup	140	422511
423	Unenriched	1 cup	140	423521
424	Spaghetti, with meat balls in tomato sauce (home recipe)	1 cup	250	424580
425	Spaghetti in tomato sauce with cheese (home recipe)	1 cup	250	425580
426	Waffles, with enriched flour, 1/2 by 4-1/2 by 5-1/2 inches	1 waffle	75	426513
	Wheat, puffed:			
427	With added nutrients (without salt)	1 oz.	28	427511
428	With added nutrients, with sugar and honey	1 oz.	28	428511
429	Wheat, rolled, cooked	1 cup	236	429511
430	Wheat, shredded, plain (long, round, or bite-size)	1 oz.	28	430511
431	Wheat and malted barley flakes, added nutrients	1 oz.	28	431511
432	Wheat flakes, added nutrients	1 oz.	28	432511
	Wheat flours:			
433	Whole-wheat, from hard wheats, stirred	1 cup	120	433511
	All-purpose or family flour:			
434	Enriched, sifted 1/	1 cup	110	434511
435	Unenriched, sifted	1 cup	110	435521
436	Self-rising, enriched 1/	1 cup	110	436511
437	Cake or pastry flour, sifted	1 cup	100	437521
438	Wheat germ, crude, commercially milled	1 cup	68	438511

1/ Iron, thiamine, riboflavin, and niacin are based on the minimum levels of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	FATS, OILS			
	Butter, 4 sticks per pound: 1/			
439	Sticks, 2	1 cup	227	439611
440	Stick, 1/8	1 tbsp.	14	440611
441	Pat or square (64 per pound)	1 pat	7	441611
	Fats, cooking:			
442	Lard	1 cup	220	442621
443		1 tbsp.	14	443621
444	Vegetable fats	1 cup	200	444622
445		1 tbsp.	12.5	445622
	Margarine, 4 sticks per pound: 2/			
446	Sticks, 2	1 cup	227	446612
447	Stick, 1/8	1 tbsp.	14	447612
448	Pat or square (64 per pound)	1 pat	7	448612
	Oils, salad or cooking:			
449	Corn	1 tbsp.	14	449623
450	Cottonseed	1 tbsp.	14	450623
451	Olive	1 tbsp.	14	451623
452	Soybean	1 tbsp.	14	452623
	Salad dressings:			
453	Blue cheese	1 tbsp.	16	453624
454	Commercial, mayonnaise type	1 tbsp.	15	454624
455	French	1 tbsp.	15	455624
456	Home cooked, boiled	1 tbsp.	17	456624
457	Mayonnaise	1 tbsp.	15	457624
458	Thousand Island	1 tbsp.	15	458624
	SUGAR, SWEETS			
	Candy:			
459	Caramels	1 oz.	28	459714
460	Chocolate, milk, plain	1 oz.	28	460714
461	Fudge, plain	1 oz.	28	461714
462	Hard candy	1 oz.	28	462714
463	Marshmallows	1 oz.	28	463714

1/ Vitamin A values based on year-round average.
2/ Based on the average vitamin A content of fortified margarine. Federal specifications for fortified margarine require a minimum of 15,000 I.U. of vitamin A per pound.

Part 2.-- List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	SUGAR, SWEETS--CONTINUED			
464	Chocolate sirup, thin type	1 tbsp.	20	464722
465	Honey, strained or extracted	1 tbsp.	21	465712
466	Jams and preserves	1 tbsp.	20	466713
467	Jellies	1 tbsp.	20	467713
	Molasses, cane:			
468	Light (first extraction)	1 tbsp	20	468712
469	Blackstrap (third extraction) ...	1 tbsp.	20	469712
470	Sirup, table blends (chiefly corn, light and dark).....	1 tbsp.	20	470712
	Sugars (cane or beet):			
471	Granulated	1 cup	200	471711
472		1 tbsp.	12	472711
473	Lump, 1-1/8 by 3/4 by 3/8 inch ..	1 lump	6	473711
474	Powdered, stirred before measuring	1 cup	128	474711
475		1 tbsp.	8	475711
476	Brown, firm-packed	1 cup	220	476711
477		1 tbsp.	14	477711
	MISCELLANEOUS ITEMS			
478	Beer (average 3.6 percent alcohol by weight)	1 cup	240	478820
	Beverages, carbonated:			
479	Cola type	1 cup	240	479721
480	Ginger ale	1 cup	230	480721
481	Bouillon cube, 5/8 inch	1 cube	4	481820
	Chili powder. See Vegetables, peppers.			
482	Chili sauce (mainly tomatoes)	1 tbsp.	17	482350
	Chocolate:			
483	Bitter or baking	1 oz.	28	483820
484	Sweet	1 oz.	28	484714
	Cider. See Fruits, apple juice.			

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MISCELLANEOUS ITEMS--CONTINUED			
	Gelatin, dry:			
485	Plain	1 tbsp.	10	485281
486	Dessert powder, 3-ounce package	1/2 cup	85	486722
	Gelatin dessert, ready-to-eat:			
487	Plain	1 cup	239	487722
488	With fruit	1 cup	241	488432
	Olives, pickled:			
489	Green	4 medium or 3 extra large or 2 giant	16	489360
490	Ripe: Mission	3 small or 2 large	10	490360
	Pickles, cucumber:			
491	Dill, large, 4 by 1-3/4 inches	1 pickle	135	491360
492	Sweet, 2-3/4 by 3/4 inches	1 pickle	20	492360
	Popcorn. See Grain products.			
493	Sherbet, orange	1 cup	193	493122
	Soups, canned, ready-to-serve (prepared with equal volume of water):			
494	Bean with pork	1 cup	250	494282
495	Beef noodle	1 cup	250	495580
496	Beef bouillon, broth, consomme	1 cup	240	496281
497	Chicken noodle	1 cup	250	497580
498	Clam chowder	1 cup	255	498380
499	Cream soup (mushroom)	1 cup	240	499380
500	Minestrone	1 cup	245	500380
501	Pea, green	1 cup	245	501282
502	Tomato	1 cup	245	502350
503	Vegetable with beef broth	1 cup	250	503380
504	Starch (cornstarch)	1 cup	128	504521
505		1 tbsp.	8	505521

Part 2.--List of codes assigned to the nutritive value of foods as reported in Home and Garden Bulletin No. 72, Rev., table 1--Cont.

Item line number	Food	Unit of measure	Weight in grams	Six-digit identification number
Code for cols. 1-3				Code for cols. 1-6
	MISCELLANEOUS ITEMS--CONTINUED			
506	Tapioca, granulated, dry, stirred before measuring	1 cup	152	506521
507		1 tbsp.	10	507521
508	Vinegar	1 tbsp.	15	508820
509	White sauce, medium	1 cup	265	509123
	Yeast:			
	Baker's:			
510	Compressed	1 oz.	28	510820
511	Dry active	1 oz.	28	511820
512	Brewer's, dry, debittered	1 tbsp.	8	512820
	Yoghurt. See Milk, cream, cheese; related products.			